



Honey Facts



Honey takes tremendous energy to produce. Manufactured by bees from the pollen of flowers, it is then stored in honeycombs as a food reserve.

One-hundred-sixty-thousand bees make trips to two million flowers to gather the four pounds of nectar, which, on the way back to the hive they convert, by the reaction of various glands, into the **one pound of honey**.

It has been scientifically established that honey contains some 75 ingredients, including 23 types of minerals, five enzymes, five organic acids, aromatic volatile oil, fruit and grape sugars, proteins, seven vitamins of the B complex group and other components needed by the human body.



Containing more minerals and vitamins than sugar, this highly nutritious bee by-product has been employed as a medicine for thousands of years. The peoples of the ancient civilizations in Mesopotamia, the Indian sub-continent, Persia, Greece, Rome and the Europeans, well in the Middle Ages all had great faith in honey as a medicine.

Already digested in the bee's stomach, the simple sugars in this sweetener, after entering the blood-stream, are immediately absorbed and used by the body.



Contain antibiotics and non-irritating to the digestive tract (bacteria cannot grow in honey) this perfect food was long considered to be one of nature's most powerful germ killers.

